

PERSONAL TRAINING

@ILTSC



MOTIVATION / DIRECTION / ACHIEVEMENT

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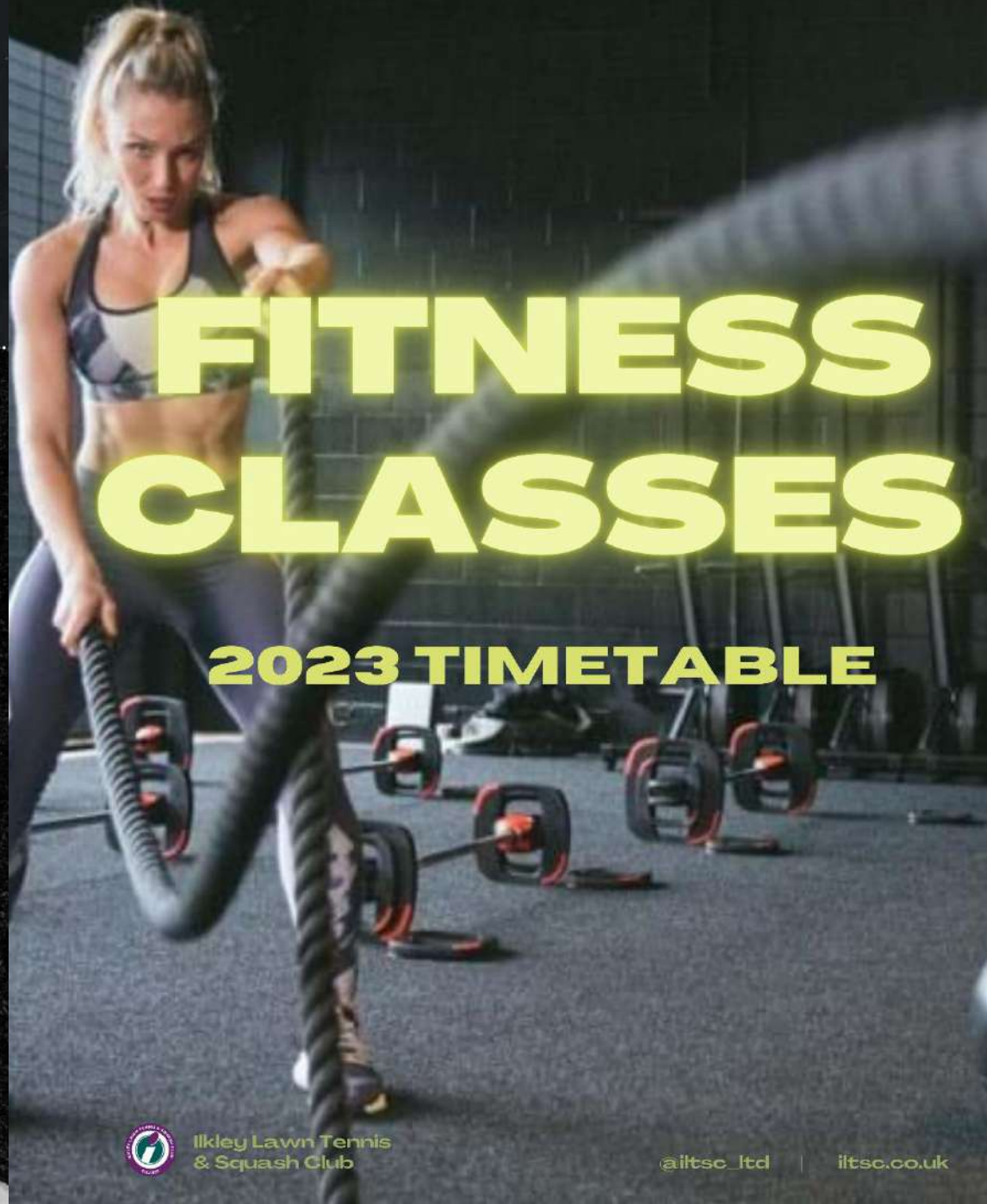
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BOOK NOW

ILTSC

FITNESS CLASSES

2023 TIMETABLE



Ilkley Lawn Tennis
& Squash Club

@iltsc_ltd

iltsc.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am Spin with Abi	7.15am Spin with Sarah	7.15am Spin with Emma	7.15am Velocity with Gareth	7.15am Velocity with Jonny	8.15am Spin	9.00am Spin with Jonathan
8.15am Spin with Sarah	7.15am Pilates Fusion with Emma	7.15am Velocity with Holly	8.00am Bodyburn with Kiara	8.00am Spin with Sarah	9am Bodyattack with Jonathan / Rebecca	9.30am Bodypump with Adela
8.15am Move Freely with Claire	8.15am Total Tone with Sarah	7.15am Vinyasa Flow Yoga with Claire Roo	8.00am Spin with Rebecca	8.15am Bodypump with Claire	9.15am Spin	10.45am Yoga with David
9.15am LBT with Sarah	9.15am Hatha Yoga with Laura	8.15am Peak Posture with Freya	9.00am PIYO with Rebecca 825 6363 2011	9.00am Velocity with Jonny	10.15am Bodypump with Jonathan / Rebecca	
9.15am Spin with Claire	9.30am Spin with Claire	8.30am Spin Express with Jo	9.00am Spin with Kiara	9.00am Spin with Sarah		
10.15am Pilates with Jo	10.30am Bodypump with Claire	9.15am Spin with Jo	9.30am LBT with Ele	9.30am Metafit with Claire		
10.15am LIFT With Tilly & Marcus	11.30am Pilates with Ele	9.30am Bodypump with Claire	10.00am Pilates with Rebecca	10.15am Pilates with Jo		
11.20am Pilates with Jo		10.45am Yoga with Michelle	10.15am LIFT With Tilly & Marcus			
1pm Pilates with Michelle			11.00am Pulse Pilates with Ele			
5.30pm Bodyattack with Jonathan	5.30pm Bodypump with Claire					
5.45pm Spin Express with Emma	5.30pm Spin with Gareth	5.15pm Pilates with Freya	5.15pm Bodypump with Claire 814 1726 8938			
6.30pm Boxercise with Zaf	6.30pm Spin Express with Gareth	6.15pm Bodypump with Jonathan	5.30pm Spin with Gareth	6.15pm Slow Flow Yoga with Louisa		
6.30pm Spin with Emma	6.30pm Velocity with Jonny	6.15pm Pilates Foundations with Freya	6.30pm Pilates with Freya	5.15pm Pilates with Freya		
6.45pm HIIT Hustle (outdoors) With Jonny	6.45pm Yoga with Claire	6.30pm Spin with Holly	6.30pm Spin with Claire			
7.00pm Velocity with Tilly	7.30pm Pilates with Jo	7.15pm Vinyasa Yoga with Louisa	7.30pm Yoga with Claire Roo	6.00pm Velocity with Tilly		
7.30pm Pure Stretch with Emma						

